

1Hawaiian Chicken Salad65

Number of Servings: 65 (192.54 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 9 1/2 | qt | Chicken, broiler/fryer, breast, w/o skin, rstd |
| 6 1/2 | cup | Celery, fresh, diced |
| 3/4 | cup | Spice, onion, minced, dehyd |
| 2.00 | tsp | Spice, pepper, white |
| 6 1/2 | cup | Salad Dressing, Miracle Whip, light, super easy squeeze |
| 3 1/2 | qt | Pineapple, crushed, w/juice, cnd |
| 3 1/2 | qt | Grapes, fresh |

Nutrients per serving

| Nutrition Facts | | |
|--|----------------------|-----------------|
| Serving Size 1 cup or 2 level #8 scoops | | |
| serving (193g) | | |
| Servings Per Container | | |
| Amount Per Serving | | |
| Calories 230 | Calories from Fat 60 | |
| % Daily Value* | | |
| Total Fat 6g | | 9% |
| Saturated Fat 1g | | 5% |
| Trans Fat 0g | | |
| Cholesterol 80mg | | 27% |
| Sodium 300mg | | 13% |
| Total Carbohydrate 17g | | 6% |
| Dietary Fiber 1g | | 4% |
| Sugars 13g | | |
| Protein 26g | | |
| Vitamin A 2% | • Vitamin C 15% | |
| Calcium 2% | • Iron 6% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| | Calories | 2,000 2,500 |
| Total Fat | Less Than | 65g 80g |
| Saturated Fat | Less Than | 20g 25g |
| Cholesterol | Less Than | 300mg 300 mg |
| Sodium | Less Than | 2,400mg 2,400mg |
| Total Carbohydrate | | 300g 375g |
| Dietary Fiber | | 25g 30g |
| Calories per gram: | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | |

Notes

- *Chill pineapple, washed grapes and celery the day or more before.
- * Dice cooked chicken into bite-sized pieces and measure to amount called for in recipe
- * Do Not Drain crushed pineapple for this recipe
- * Remove grapes from stems, wash and measure

Combine diced chicken other ingredients until well mixed. Return to refrigerator until serving time.

Potentially Hazardous Food: Food Safety Standards: Hold food for service at an internal temperature at or below 40 degrees F.

1 serving = 1 cup or 2 #8 scoops/serving

1 serving = protein plus 1 serving fruit/veg

1 serving = 18 grams carbohydrate = 1 carb serv